

# DINNERLY



## Low-Cal Thai Mushroom Noodle Salad with Tomato, Cashew and Coriander



30 minutes



2 Servings

Dinner is guilt-free with this healthy salad. Top rice noodles with Thai-spiced mushrooms, pickled onion and tomato. It's a delicious way to eat a rainbow!



## WHAT WE SEND

- 1 red onion
- 200g mushrooms
- coriander
- 40g cashew nuts <sup>15</sup>
- 1 tomato
- 5g Thai seasoning <sup>17</sup>
- 150g vermicelli noodles

## WHAT YOU NEED

- 2 garlic cloves
- 2 eggs <sup>3</sup>
- 1 tbs red wine vinegar <sup>17</sup>
- 1 tsp honey
- 1 tbs vegetable oil
- 1 tbs soy sauce <sup>6</sup>

## TOOLS

- small saucepan
- medium saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 595kcal, Fat 22.8g, Carbs 76.2g, Proteins 18.4g



### 1. Prep ingredients

Bring a small saucepan of water to the boil for the eggs. Halve, then thinly slice the **onion**. Thickly slice the **mushrooms**. Pick the **coriander** leaves and finely chop the stems. Coarsely chop the **cashews**. Halve the **tomato** and thinly slice. Crush or finely chop **2 garlic cloves**.



### 2. Pickle onion

Cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled, or 8 mins for hard-boiled. Drain, then cool in cold water. Peel and halve the eggs. Meanwhile, put **1 tbs red wine vinegar**, **¼ tsp salt** and **1 tsp honey** in a large bowl and stir until the honey dissolves. Add the **onion** and toss to combine. Set aside to pickle, tossing occasionally, until needed.



### 3. Cook mushrooms

Bring a medium saucepan of water to the boil for the noodles. Heat **3 tsp vegetable oil** in a medium frypan over high heat. Add the **mushrooms** and cook, stirring, for 5-6 mins until browned. Add the **coriander stems**, **garlic**, **Thai seasoning** and **1 tsp vegetable oil** and cook for a further 2-3 mins until fragrant. Taste, then season with **salt and pepper**.



### 4. Cook noodles

Cook the **noodles** in the pan of boiling water for 9 mins or until tender. Drain, then rinse under cold water to prevent the noodles from sticking (see Make it yours). Meanwhile, drain the **onion**, reserving the pickling liquid. Add **1 tbs soy sauce** to the **pickling liquid** and stir to combine.



### 5. Serve up

Divide the **noodles** among bowls and top with the **mushroom mixture**, **tomato**, **pickled onion** and **egg**. Scatter over the **cashews** and **coriander leaves**, drizzle with the **soy dressing** and enjoy!



### 6. Make it yours

Cut the noodles into shorter manageable lengths with scissors, if desired.